

Physical activity behavior and learning in higher education

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Propositions

Accompanying the dissertation

Physical Activity Behavior and Learning

in Higher Education, by H.Q. Chim, Maastricht, 30 March 2021

1. The educational setting of universities, where sitting facilities are standard, encourage sedentary behavior (this dissertation).
2. Standing tutorial meetings are effective at reducing sedentary behavior, while maintaining the students' learning performance (this dissertation).
3. Students should be given the option to stand in class, because prolonged sedentary behavior is detrimental for health (this dissertation).
4. To explain the mixed results present in the field of physical activity behavior and learning, more randomized controlled trials that account for potential moderators (e.g., timing of light physical activity) are needed (this dissertation).
5. It is the joint responsibility of researchers, journalists, and others involved in knowledge dissemination to critically evaluate and interpret the outcomes of scientific studies.
6. *"The degree to which what is learned may be transferable ... depends very much on the learning processes, about which grades and degree classes are usually silent"* – Peter T. Knight.
7. Universities have the responsibility to facilitate a healthy lifestyle for their students.
8. *"Education is the most powerful weapon which you can use to change the world"* – Nelson Mandela.
9. *"千里之行, 始於足下"* / Journey of a thousand miles begins with a single step – 孔子 / Confucius.
10. *Duduk sama rendah, berdiri sama tinggi* / Sit equally low, stand equally high – Malay/ Indonesian proverb.
11. *"Zitvoles"* praises one for having perseverance – perseverance need not be sedentary.